




LONG BEACH DECEMBER 2024

Community Resource Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>CPR (ENG) 2 Register at freecprla.com 9:30- 12:30 p.m. L.A. Care New Member Orientation 12:30- 1:30 p.m. Chair Yoga 2- 3 p.m. Google Tech, Level 2 3-5 p.m. Homework Help 3- 4:30 p.m. Strength Training for Older Adults 3:30-4:30 p.m.</p>	<p>Cal Fresh Enrollment Services 3 9-5 p.m. Zumba 9-10 a.m. Cardio Dance 10- 11 a.m. Stretch and Agility 11- 12 p.m. Strength Training 12-1 p.m. Cooking Matters 1:30- 2:30 p.m. Registered Dietitian: Diabetes and Pre-Diabetes 2:30- 3:30 p.m. 3:30-4:30 p.m.</p>	<p>Zumba 4 9- 10 a.m. Healthcare Navigation: What is preventative Care and Why is it Important 10- 11 a.m. Anger Management (Virtual) 10- 11:30 a.m. Cooking Matters 12- 1 p.m. Vinyasa Yoga 1:30- 2:30 p.m. Dental Screenings for 0-21 year olds Call for More Information 2-5 p.m. Homework Help 3- 4:30 p.m. Google Tech, Level 2 3-5 p.m.</p>	<p>Zumba 5 9-10 a.m. Parenting Class 9:30- 11 a.m. Pre-school Cooking Class 10- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Understanding the Impact of Addiction on Mental Well-Being 11:30- 1 p.m. Cardio Step 1- 2 p.m. Line Dancing 2- 3 p.m. Family Cardio 4-4:45 p.m.</p>	<p>CENTER CLOSED</p>	<p>CENTER CLOSED</p>
<p>CPR (SPA) 9 Register at freecprla.com 9:30- 12:30 p.m. Chair Yoga 2- 3 p.m. Google Tech, Level 2 3-5 p.m. Homework Help 3- 4:30 p.m. Strength Training for Older Adults 3:30-4:30 p.m.</p>	<p>Cal Fresh Enrollment Services 10 9-5 p.m. Zumba 9-10 a.m. Cardio Dance 10- 11 a.m. Stretch and Agility 11- 12 p.m. Strength Training 12-1 p.m. Cooking Matters 1:30- 2:30 p.m. Registered Dietitian: Love your Heart 2:30- 3:30 p.m. 3:30-4:30 p.m.</p>	<p>Zumba 11 9- 10 a.m. Healthcare Navigation: When to Call your Doctor 10-11 a.m. Anger Management (Virtual) 10- 11:30 a.m. Book with Coffee 11:30- 12:30 p.m. Vinyasa Yoga 1:30- 2:30 p.m. Chase Money Skills 3- 4 p.m. Homework Help 3- 4:30 p.m. Google Tech, Level 2 3-5 p.m. Tenant's Know your Right Workshop 6- 8 p.m.</p>	<p>Zumba 12 9-10 a.m. Parenting Class 9:30- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Family Violence Awareness, Prevention and Resilience 11:30- 1 p.m. Cardio Step 1- 2 p.m. Line Dancing 2- 3 p.m. Family Cardio 4-4:45 p.m.</p>	<p>CENTER CLOSED</p>	<p>CENTER CLOSED</p>
<p>Healthy Eating Resource Fair 16 9- 11 a.m. Chair Yoga 2- 3 p.m. Strength Training for Older Adults 3:30-4:30 p.m.</p>	<p>Cal Fresh Enrollment Services 17 9-5 p.m. Zumba 9-10 a.m. Cardio Dance 10- 11 a.m. Stretch and Agility 11- 12 p.m. Strength Training 12-1 p.m. Cooking Matters 1:30- 2:30 p.m. Registered Dietitian: Cholesterol 2:30- 3:30 p.m. 3:30-4:30 p.m.</p>	<p>Zumba 18 9- 10 a.m. Read with Libby 10- 11 a.m. Art for Adults 10- 11:30 a.m. Anger Management (Virtual) 10- 11:30 a.m. Healthcare Navigation: How to Review your Medical Bill 11:30- 12:30 p.m. Cardio Step 12:30- 1:30 p.m. Vinyasa Yoga 1:30-2:30 p.m. Google Tech, Level 2 3-5 p.m.</p>	<p>Diaper Distribution **First 50 Participants** 19 9- 5 p.m. Zumba 9-10 a.m. Parenting Class 9:30- 11 a.m. Chair Yoga 10:30- 11:30 a.m. Child Abuse Prevention and Resilience 11:30- 1 p.m. Line Dancing 2- 3 p.m. Family Cardio 4-4:45 p.m.</p>	<p>CENTER CLOSED</p>	<p>CENTER CLOSED</p>
23	24	25	26	27	28
<p>CENTER CLOSED CENTRO CERRADO</p>					<p>CENTER CLOSED</p>
30	31				
<p>CENTER CLOSED</p>	<p>CENTER CLOSED</p>	<p>CENTER SERVICES - Member Services - Enrollment Services* • Medi-cal, MediCare, Covered California, & CalFresh - New Member Orientation <small>*Contact Center for Availability of Services</small> ALL SERVICES AND CLASSES ARE FREE FOR EVERYONE!</p>	<p>BLUE Qualify for the My Rewards for a Healthy Life Program. GREEN Appointment & Registration required.</p>	<p> CRC Website</p>	

Class space is limited (first come, first served). Classes are subject to change, rescheduling or cancellation without notice. Child supervision is provided while you attend a class. (Ages 4+). Must wear appropriate shoes for fitness classes.

BE ACTIVE, HEALTHY & INFORMED



5599 ATLANTIC AVENUE, LONG BEACH, CA 90805



CENTER HOURS:

Monday - Friday: 9 a.m. - 5 p.m.
Saturday: **CLOSED**



562.256.9810

CommunityResourceCenterLA.org



LONG BEACH DICIEMBRE 2024

Community Resource Center

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
<p>RCP y Primeros Auxilios (ENG) Registrarse en freecprla.com 9:30- 12:30 p.m. Orientación para Nuevos Miembros de L.A. Care 12:30- 1:30 p.m. Yoga en Silla 2- 3 p.m. Tecnología de Google, Nivel 2 3- 5 p.m. Ayuda de Tareas 3- 4:30 p.m. Entrenamiento de Fuerza para Personas Mayores 3:30- 4:30 p.m.</p>	<p>Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Baile de Salsa Aerobico 10- 11 a.m. Estiramiento y Agilidad 11- 12 p.m. Entrenamiento de Fuerza 12-1 p.m. Cocinando Saludable 1:30- 2:30 p.m. Dietista Registrada: Diabetes y Pre-Diabetes 2:30- 3:30 p.m. 3:30- 4:30 p.m.</p>	<p>Zumba 9-10 a.m. Como Navegar el Sistema Medico: Importancia de los Cuidados Preventivos 10-11 a.m. Manejo de Ira (Virtual) 10- 11:30 a.m. Cocinando Saludable 12- 1 p.m. Yoga Vinyasa 1:30- 2:30 p.m. Evaluaciones Dentales para 0-21 años de edad Llame para Mas Informacion 2- 5 p.m. Ayuda de Tareas 3- 4:30 p.m. Tecnología de Google, Nivel 2 3- 5 p.m.</p>	<p>Zumba 9- 10 a.m. Clase para Padres 9:30-11 a.m. Clase de Cocina para Preescolar 10- 11 a.m. Yoga en Silla 10:30- 11:30 a.m. Comprender el impacto de la Adicción en el Bienestar Mental 11:30- 1 p.m. Cardio Step 1- 2 p.m. Baile en Línea 2- 3 p.m. Cardio Para Familias 4- 4:45 p.m.</p>		
<p>RCP y Primeros Auxilios (ESP) Registrarse en freecprla.com 9:30- 12:30 p.m. Yoga en Silla 2- 3 p.m. Tecnología de Google, Nivel 2 3- 5 p.m. Ayuda de Tareas 3- 4:30 p.m. Entrenamiento de Fuerza para Personas Mayores 3:30- 4:30 p.m.</p>	<p>Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Baile de Salsa Aerobico 10- 11 a.m. Estiramiento y Agilidad 11- 12 p.m. Entrenamiento de Fuerza 12-1 p.m. Cocinando Saludable 1:30- 2:30 p.m. Dietista Registrada: Ama tu Corazón 2:30- 3:30 p.m. 3:30- 4:30 p.m.</p>	<p>Zumba 9-10 a.m. Como Navegar el Sistema Medico: Cuando Debe Llamar a su Medico 10- 11 a.m. Manejo de Ira (Virtual) 10- 11:30 a.m. Libros con café 11:30- 12:30 p.m. Yoga Vinyasa 1:30- 2:30 p.m. Chase Money Skills 3- 4 p.m. Ayuda de Tareas 3- 4:30 p.m. Tecnología de Google, Nivel 2 3- 5 p.m. Taller de Derecho como Inquilino 6- 8 p.m.</p>	<p>Zumba 9- 10 a.m. Clase para Padres 9:30-11 a.m. Yoga en Silla 10:30- 11:30 a.m. Concientización, prevención y resiliencia de la violencia familiar 11:30- 1 p.m. Cardio Step 1- 2 p.m. Baile en Línea 2- 3 p.m. Cardio Para Familias 4- 4:45 p.m.</p>		
<p>Feria de Recursos de Alimentación Saludable 9- 11 a.m. Yoga en Silla 2- 3 p.m. Entrenamiento de Fuerza para Personas Mayores 3:30- 4:30 p.m.</p>	<p>Servicios de inscripción para CalFresh 9- 5 p.m. Zumba 9-10 a.m. Baile de Salsa Aerobico 10- 11 a.m. Estiramiento y Agilidad 11- 12 p.m. Entrenamiento de Fuerza 12-1 p.m. Cocinando Saludable 1:30- 2:30 p.m. Dietista Registrada: Colesterol 2:30- 3:30 p.m. 3:30- 4:30 p.m.</p>	<p>Zumba 9-10 a.m. Leer con Libby 10- 11 a.m. Arte para Adultos 10- 11:30 a.m. Manejo de Ira (Virtual) 10- 11:30 a.m. Como Navegar el Sistema Medico: Cómo Revisar su Factura Médica 11:30- 12:30 p.m. Cardio Step 12:30- 1:30 p.m. Yoga Vinyasa 1:30- 2:30 p.m. Tecnología de Google, Nivel 2 3- 5 p.m.</p>	<p>Distribución de Pañales *Primeros 50 participantes* 9-5 p.m. Zumba 9- 10 a.m. Clase para Padres 9:30-11 a.m. Yoga en Silla 10:30- 11:30 a.m. Prevención y Resiliencia del Abuso Infantil 11:30- 1 p.m. Baile en Línea 2- 3 p.m. Cardio para Familias 4- 4:45 p.m.</p>		
			<p>SERVICIOS DEL CENTRO - Servicios a los miembros - Servicios de Inscripción* • Medi-cal, MediCare, Covered California, y CalFresh Orientación para nuevos miembros <small>*Comuníquese con el Centro para disponibilidad de Servicios</small> TODOS LOS SERVICIOS Y LAS CLASES SON GRATIS ¡PARA TODOS!</p>	<p>AZUL Califican para el programa mis recompensas para una vida sana. VERDE Por cita y registro solamanete.</p>	

Espacio de las clases es limitado (Se le sirve en orden de llegada). Las clases están sujetas a cambio, reprogramación o cancelación sin previo aviso. Supervisión de niños está disponible durante las clases. (Edades 4+). Debe usar zapatos apropiados para las clases de ejercicios.

SEA ACTIVO, SALUDABLE E INFORMADO

5599 ATLANTIC AVENUE, LONG BEACH, CA 90805

HORARIO DEL CENTRO:
Lunes a Viernes: 9 a.m. - 5 p.m.
Sábado: Cerrado

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